

What is Dementia?

Dementia is a set of symptoms results from disease, such as Alzheimer's, or other conditions such as stroke, that damage the brain and interfere with a person's ability to carry out daily activities.

Who is a family caregiver?

Anyone providing physical, emotional, financial or other types of assistance to a family member or friend, who has a chronic disease or other condition, requiring ongoing care and attention.

When should I have a cognitive screen?

- A cognitive screen is a brief test used to evaluate memory, judgment, and the ability to understand visual information.
- When mental tasks that used to be easy to perform, become difficult.
- If you are concerned about your memory
- If you are over 65 and want to track your cognitive ability over time.

What is an Aging and Disability Resource Center?

An Aging and Disability Resource Center (ADRC) offers the general public a single source for information and assistance related to issues affecting older people and people with disabilities regardless of their income. Providing information, assistance, and referral to a wide variety of services.

Dementia Care Specialist

Tonya Runyard

920-675-4035

Aging & Disability Resource Center of Jefferson County

1541 Annex Road Jefferson, WI 53549

920-674-8734

Toll Free: 866-740-2372

adrc@jeffersoncountywi.gov



Department of Health Services

Division of Long Term Care

1 W. Wilson Street, Room 551 Madison, WI 53703

<http://www.dhs.wisconsin.gov/adrc/index.htm>



Dementia Care Specialist

**Serving Individuals,
Families and the
Community**



Dementia Care Specialists

Support for Individuals with Dementia

Cognitive Screening

Worried about your memory? Screening to detect cognitive changes is available at the Aging and Disability Resource Center (ADRC).

Music & Memory

A program that helps bring personalized music into the lives of the elderly through digital music technology, vastly improving quality of life, available through the ADRC.

Independence

Dementia Care Specialists can help connect you with all of the opportunities available in your community to keep you active and involved.

Research Opportunities

Connect to research studies that attempt to further understand the causes and possible treatments for dementia.

Support for Family Caregivers

Assistance with Care Planning

Dementia Care Specialists can help to address your current situation and plan for the future, including advance care plans and connections to legal and financial planning experts.

Connections to Support Groups and Other Programs

Dementia Care Specialists are knowledgeable about all of the opportunities and resources available in your community and can help you find information and make connections.

Dementia Live

A high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it is like to live with a cognitive impairment and sensory change.

Powerful Tools for Caregivers

A six week class designed to help caregivers better take care of themselves is available through the ADRC.

Community Support

Dementia Friendly Communities

Dementia Care Specialists assist in the development of dementia friendly communities. These communities typically include:

- Memory Cafés
- Dementia Friendly Businesses
- Increased Civic Awareness of Dementia Related Issues; and
- Dementia Capable Emergency Response

Facebook page: Jefferson County WI Government: <https://www.facebook.com/JeffersonCountyWI.gov/>

